

Important News from the San Antonio Metropolitan Health District (SAMHD)

Don't let the flu ruin the holiday season or the New Year for you or your loved ones. The single best way to prevent the flu is to get vaccinated each year. Though flu season kicks off as early as October, it typically peaks around February in the U.S. -- meaning there's still plenty of time to be vaccinated. Influenza (flu) is a serious disease of the nose, throat, and lungs. It can make people of all ages, and health conditions, ill for a week or longer with coughing, fever, aching, and more. It can lead to pneumonia and make already existing health problems such as diabetes, asthma, and heart disease worse.

Rates of influenza infection are highest among children, who frequently spread the disease throughout communities. Annual influenza vaccination is the best way to protect children, families, and communities from the flu and its complications.

We should all understand the seriousness of influenza infection and join in efforts to raise the community's awareness of influenza vaccination and the need to continue vaccination activities beyond Christmas and into January. Receiving the influenza vaccine prevents children and adults from bringing the virus home, to school, or to work and infecting others which can result in illness and absenteeism. This is particularly important for contacts of children less than 6 months of age, because children less than 6 months old cannot be vaccinated themselves and cannot be given antiviral medications to treat influenza. This leaves our babies extremely vulnerable.

STAYING HEALTHY IS IMPORTANT!

Get a FLU SHOT to protect yourself

and the ones you love

call 207-8790 for more information

